

Muscle Anatomy

Muscle Fibers (_____) – the building blocks for muscles

Individual muscle fibers are weak, so we must _____

Muscles fibers are bundled together by _____

*** Sometimes referred to as a sheath

The purpose of bundling muscles fibers is to provide _____

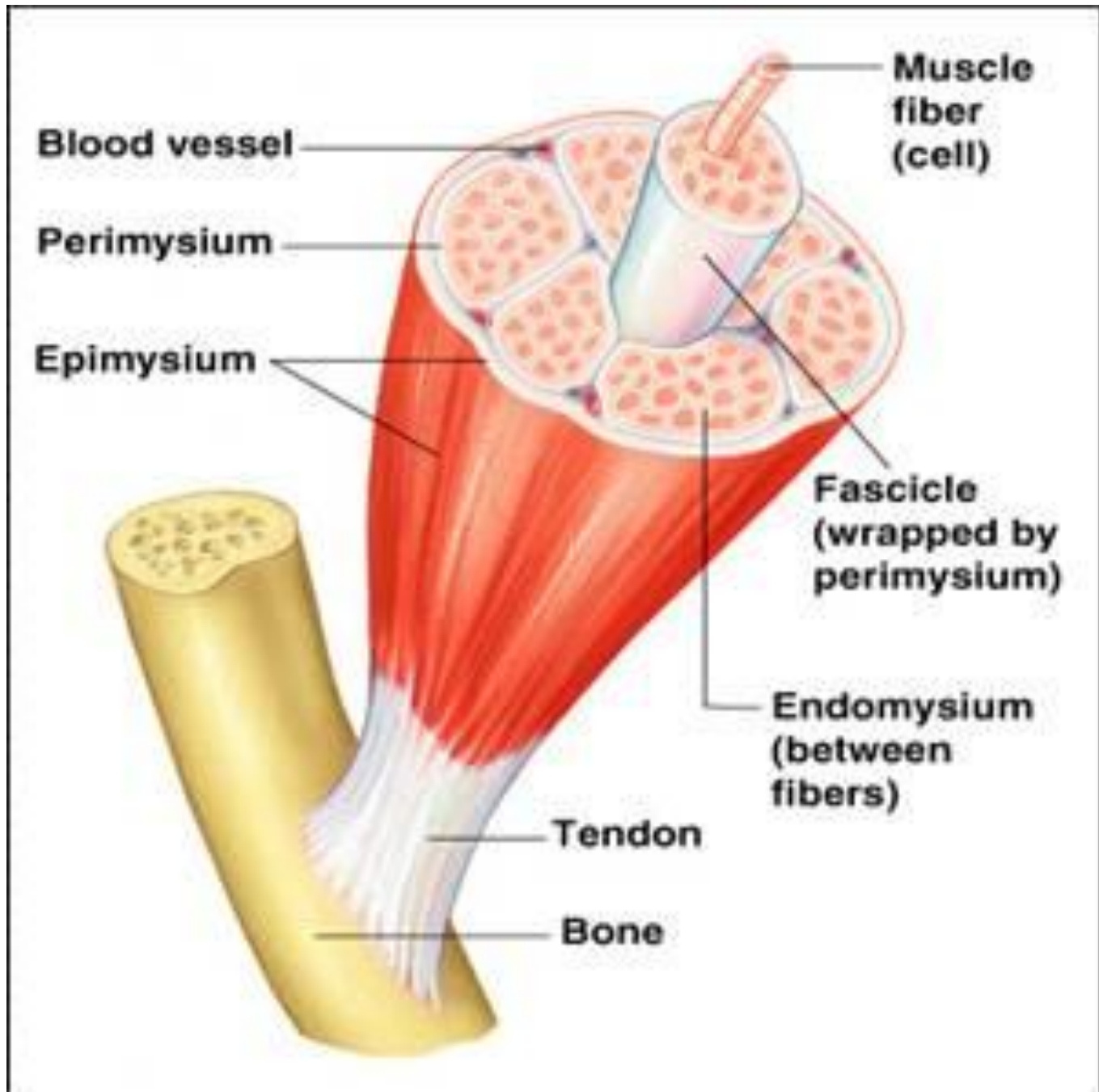
Each muscle fiber is enclosed in a sheath called an _____

Multiple muscle fibers are enclosed in a tougher sheath called a

*** This bundle of muscle fibers wrapped by the perimysium is called a _____

Multiple fascicles are wrapped together by an even tougher sheath is called an _____

*** The epimysium encloses the whole muscle



The ends of muscles blend into a very strong, cordlike _____

*** Tendons connect _____ to _____

Functions of tendons: